

Kids & Families: Take the Fit & Healthy Kids Fall Challenge!

Fall back into fun, food & fitness...

For the week of October 2–6, keep track of how you:

- 1) MOVE more** - get your body moving!
- 2) Eat more COLORS** - eat fruits & veggies of every color!
- 3) Turn it OFF** - turn off the TV & video games!

DAY	What I did to MOVE MORE (goal=1 hour)	Walk or bike to school? (yes/no)	These are the COLORS* I ate (aim for 4 cups)	Did I watch less TV? (yes/no)	Parent or guardian initials
Monday October 2					
Tuesday October 3					
Wednesday October 4 Walk to School Day!					
Thursday October 5					
Friday October 6					

***Color Key**

R – red
Y/O – yellow/orange
G – green
B/P – blue/purple
W – white

For copies of this form or for more information about the Governor's Fit and Healthy Kids Initiative go to:

<http://healthvermont.gov/fitandhealthy.aspx>

For more information about the Fit and Healthy Kids Fall Challenge, call the Vermont Department of Health at:

802-863-7330

WIN a walk with Governor Douglas!

Kids, schools, and families can win:

1st prize - 15 winners

A walk with Governor Douglas at the Statehouse in Montpelier on November 4th. And meet Dave Watson, two-time Mt. Everest summitter, Karhu Freeride team member and Smugglers' Notch Ski Patroller. Dave brought the Vermont flag on his Mt Everest summit last Spring. He will take this opportunity to present the flag back to the state of Vermont!

To enter:

Using the log sheet on the front of this page, or on a separate piece of paper, describe what you did each day to Move More, Eat More Colors and Turn it Off!

Submit entries by October 18, 2006 to:

Fit and Healthy Kids
Vermont Department of Health
Division of Health Improvement
PO Box 70
Burlington VT, 05402-0070

Individual or Family:

Name _____ Age _____

Address _____

Phone _____

OR

School:

Name of School and Contact Person: _____

Address _____

Phone _____

Check out the Governor's Fit & Healthy Kids Initiative on the web at:

<http://healthvermont.gov/fitandhealthy.aspx>

For more information about the Daylight Savings Challenge,
call the Vermont Department of Health at **(802) 863-7330**

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